

SYZYGIUMCUMINI: A PLANT WITH HIGH MEDICINAL AND NUTRITIONAL VALUE

AFIFA JAHAN¹ & M. JAGAN MOHAN REDDY²

¹Scientist, Krishi Vigyan Kendra Palem, Nagarkurnool District, Telangana, India

²Principal Scientist and Head, Krishi Vigyan Kendra Palem, Nagarkurnool District, Telangana, India

ABSTRACT

Syzygiumcumini is a plant with high nutritional properties and medicinal value. It is known as Jamun or Black plum is an important summer fruit. The black plum helps to relieve stomach pain, carminative, anti-scorbutic and diuretic. German is good to reduce enlargement of spleen, diarrhoea, urinary retention problems, boost immunity, aids digestion, and prevent diabetes. It is rich in antioxidants and has anti ageing properties, anti carcinogenic properties and astringent properties.

KEYWORDS: Antioxidants, Anti Ageing Properties, Anti Carcinogenic Properties, Astringent Properties, Anti-Scorbutic & Diuretic

Received: Sep 07, 2018; **Accepted:** Sep 28, 2018; **Published:** Oct 11, 2018; **Paper Id.:** IJBRDEC20181

INTRODUCTION

Syzygiumcumini -Jamun known as blackberry has lots of nutritional properties. It is also known as Java or black plum and available from June to august as it is a seasonal fruit. It provides calcium, iron, magnesium, phosphorous, sodium, vitamin c and the b vitamins like thiamine, riboflavin, folic acid niacin and B₆ Vitamin. Jamun is the name in Hindi and Nereduchettu is the name in Telugu in India.

POETIC CONTENTS

It has high iron content and the ability to increase hemoglobin count and hence reduces iron deficiency anemia. The presences of calcium, iron and phosphorous helps maintain bone health, strengthen gums and teethes as well as to prevent osteoporosis.

It is rich in antioxidants, which boosts the immune system, aids in digestion, relieving stomach pain and reducing flatulence, prevents infections. The fruit is stated to be astringent, stomachic, carminative, antiscorbutic and diuretic (Adelia et. al., 2011)

It has anti ageing properties and reduces acne and pimples. Jamun has astringent properties and keeps skin healthy (Adelia et. al., 2011). They are also used in nutrition, herbal medicine and cosmetics (Gowri et. al., 2010)

Jamun is a diabetic preventive food as it has hypoglycemic properties which lower blood glucose levels (Sidana et al., 2017).

The fruit has anti carcinogenic properties by blocking, reversing, or delaying carcinogenesis before the development of invasive disease by targeting key molecular derangements using pharmacological or nutritional agents. (Aggarwa et. al., 2009)

The tree fruits once in a year and the berries are sweetish sour to taste. The ripe fruits are used for health drinks, making preserves, squashes, jellies and wine (Warrier et. al., 1996). The juice of the ripe fruit, or a decoction of the fruit, or jambolan vinegar, may be administered in India in cases of enlargement of the spleen, chronic diarrhea and urine retention. Jambolan juice and mango juice, half and half, quench thirst in diabetics. Water-diluted juice is used as a gargle for sore throat and as a lotion for ringworm of the scalp (Gordon and Jungfer, 2011).

HOW TO CONSUME AND WHEN TO CONSUME

- We can eat jamun at any time day or night, but not in the empty stomach, it should be always taken after meals (4-5 jammed after every meal).
- In a day 10-15 jamuns can be consumed by any individual, 3-6 grams of jamun seed powder dose per day and 20-30 ml of juice is beneficial and even pregnant women's can consume jamun.
- Along with the fruit its leaves, seeds and bark can also be used for controlling blood sugar, gastric disorders like indigestion and diarrhea.
- Applying a mixture of its seed with milk on the skin reduces acne drastically.
- Powder of its seeds when taken with yoghurt helps in breaking down kidney stones.
- Patients undergoing surgery must avoid eating jamun as it might lead to low blood glucose levels.
- Consumption of milk should be avoided one hour before and after eating the fruit.

CONCLUSIONS

Consumption of *Syzygiumcumini* fruits is a diabetic preventive food, it has anti carcinogenic properties, it is rich in antioxidants, which boost immune system and the presences of calcium, iron and phosphorous helps maintain bone health, strengthen gums and teethes as well as to prevent osteoporosis. Consumption of *Syzygiumcumini* fruit, leaves and seed power has nutritional and medicinal benefits to health.

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Figure

